

Useful sources of help or advice

Childline offer free advice and support, by phone (0800 1111) or on-line([childline .org.uk](http://childline.org.uk)) , 24 hours a day. Trained counsellors are available to talk to young people about a range of problems, including bullying, self-harm, exam stress and suicide. There is also an on-line resource and information, including forums where they can discuss their worries.

Mindfulness training is a rigorously researched treatment for anxiety and depression. It provides training to enhance well-being and performance. Please contact College or visit www.mindfulnessinschools.org

The Hub is a safe space where up to date information and advice can be sought. All information and support is completely free and all the staff and volunteers are friendly, reliable people. They will not judge but simply be available to help a young person move forward. Drop-ins are on Monday and Wednesday 3-6pm and Saturday 12 – 3pm or call (01481) 724421 or text 07781 122959.

Sexual Health and relationship Education (SHARE); 01481 733078

Contraceptive clinic (Town) 01481 714954 or 07781 103434

Sexual Health Clinic (Castel) 01481 707707

Health Promotion Unit: 01481 707311

Family Planning Association (UK); www.fpa.org.uk

Brook Advisory Service: www.brookcentres.org.uk

National AIDS helpline; 0800 567123